

MINUTES

EXERCISE ANNUAL GENERAL MEETING

Date: Monday 6th December 2021

Time: 2:00pm to 3:00pm (AEDT)

Location: via Zoom



AGENDA ITEM	SPOKESPERSON
1. Welcome, Apologies and Conflicts of Interest	David Mizrahi
<p>David Mizrahi welcomed everyone to the meeting. No conflicts of interest were declared.</p> <p>Attendees: David Mizrahi (Incoming Chair), Andrew Murnane (Outgoing Chair) Lucy Bucci, Rhonda DeSouza (COSA), Lara Edbrooke, Sandi Hayes, Sarah McAllister, Kathryn Parker, Carolina Sandler, Karen Seymour, Cindy Tan, Sharni Quinn</p> <p>Apologies: David Goldstein, Kate Webber</p>	
2. 2020 AGM Minutes	David Mizrahi
<p>Minutes from the 2020 AGM were circulated with the meeting agenda.</p>	
3. Executive Committee and Group Membership	David Mizrahi
<p>There are currently 86 Exercise Group members, plus an extra 106 COSA members who list exercise as an area of interest. It is a diverse multidisciplinary group with representation from Medical Oncology, General Practice, Exercise Physiology, Physiotherapy, Nursing and Pharmacy.</p> <p>There have been some recent changes to the Exercise Executive Committee. In November 2021, Andrew Murnane stepped down after 6 years on the committee and for the past 2 years as the Group's Chair. Dr David Mizrahi, Research Fellow at the Daffodil Centre, has been appointed as the new Chair. Also stepping down from the committee is Dr Elysia Thornton-Benko as the GP representative. David thanked Andrew and Elysia for their valuable contributions, as well as the other members of the Exercise Executive Committee (Di Adams, Morgan Atkinson, Lucy Bucci, Sandie McCarthy, Sharni Quinn, Tina Skinner and Sara Wahlroos).</p> <p>Expressions of interest for the vacant Executive Committee positions will be advertised in the new year. EOIs are particularly sought from GPs, Radiation Oncologists and Rehab Specialists, however all disciplines are encouraged to apply. Executive Committee members need to be COSA members.</p>	
4. Update on 2021 Activities	David Mizrahi
<p>The COSA Position Statement on Exercise in Cancer Care and the associated Infographic were relaunched in 2021:</p> <p>https://www.cosa.org.au/media/332757/cosa-position-statement-v3-dec2020-web-final.pdf</p> <p>https://www.cosa.org.au/media/332792/cosa-position-statement-infographic-v4-web-final.pdf</p>	

The revised position statement has a greater emphasis on the triad recommendation of “Discuss, Recommend and Refer” and the language is less prescriptive. Some of the images of heavy-duty gym equipment have also been replaced with people using resistance band and stretching outdoors to illustrate exercise in a variety of settings. The revised position statement now has 30 organisations listed as Supporting Organisations.

Renewed efforts were made to gain endorsement from the Royal Australian College of General Practitioners (RACGP), however unfortunately these were unsuccessful. RACGP advised that the updated position statement goes some way, but not far enough to address their concerns (namely that referral to an exercise specialist should be just one suggested option and the recommendations are still too prescriptive). COSA felt that further changes would dilute the intended message and could not consider paying RACGP an endorsement fee. The Exercise Group will look at other avenues to engage with the GP community.

The COSA Exercise Executive Committee published a paper in APJCO: “*Exercise recommendations and referral patterns of oncology professionals*”. <https://pubmed.ncbi.nlm.nih.gov/34187099/>
 The article presented the results of a cross-sectional study conducted during the 2019 COSA ASM, which explored referral habits to exercise professionals and attitudes to exercise-based interventions. A total of 67 delegates completed the survey and 49 completed fitness assessments. Overall, there was good awareness of the benefits of physical activity in cancer care among OHP, however there remains a large proportion that do not refer patients to exercise professionals. The study concluded that efforts should be focused on implementing referral pathways from oncology centres to increase the number of active survivors.

During 2021 there were also multiple exercise-oncology presentations including a joint CNSA and COSA webinar, as well as numerous others by COSA members:

- David Mizrahi: Peripheral Neuropathy and Exercise – Exercise & Sports Science Australia
- Sandi Hayes, Robyn Box, Jeanette MacLean, Rosa Spence, Carolina Sandler: The role of exercise in cancer-related lymphedema – Exercise & Sports Science Australia
- Shelley Kaye/Chris O’Brien Lifehouse: Fighting Cancer with Exercise on ABC

5. Plans for 2022 Activities

David Mizrahi

Exercise Implementation Working Group: This remained on hold in 2021 pending the relaunch of the updated position statement and due to COVID disruptions. The group will reconvene in Q1 of 2022 to finalise the implementation plan for the position statement and develop new resources. These will include a clinician handout, patient handout and FAQ’s. The COSA Exercise Executive Committee will liaise closely with the Exercise Implementation Working Group on this project.

Education: Identify educational opportunities and key stakeholders that we can continue to work alongside. Hopefully the 2022 COSA ASM will be FTF to allow an Exercise and Cancer pre-conference workshop. Alternatively, the group may host a stand-alone webinar event. The addition of links on the COSA website to exercise-oncology presentations/podcasts is also being considered.

Advocacy: Champion the role of exercise in cancer care. Identify target stakeholders (hospitals, state & federal departments of health) to lobby for MBS support (increased number of exercise sessions available for cancer patients) and/or more exercise specialists in oncology hospitals.

Research: The small study at the 2019 COSA ASM showed what is possible. In 2022, the group will explore other opportunities for collaborative COSA Exercise and Cancer research.

6. COSA ASM Highlights	David Mizrahi
<p>The 2021 COSA ASM was held from 16-18th November as a virtual meeting. Exercise-oncology research was well represented, including 7 key oral presentations:</p> <ul style="list-style-type: none"> • Exercise prehabilitation prior to cancer surgery - Favil Singh • Multidisciplinary Prehab in Action: An Exercise, Nutrition and Psychology perspective - Anna Beaumont, Jess Crowe and Christina Prickett • Do exercise oncology guidelines have to be met to obtain improvements in breast cancer outcomes? - Carolina X Sandler • The Effects of Physical Exercise in the Palliative Care Phase for People with Advanced Cancer: A Systematic Review with Meta-Analysis - Kellie Toohey • A randomised controlled trial investigating the ability for supervised exercise to reduce treatment-related decline in adolescent and young adult cancer patients - Claire Munsie • Preventing Cancer-induced Muscle Loss Through Exercise and Nutrition - Robin Daly • Co-designing Healthy Living after Cancer <i>Online</i>, an online nutrition, physical activity, and psychosocial intervention for post-treatment cancer survivors - Morgan Leske <p>There were also 10 exercise-oncology poster presentations. If you registered for the ASM, you have 12 months access to view the recordings of any presentations you missed or want to watch again.</p>	
7. Other Business / Q&A	David Mizrahi
<p>Despite the growing research showing exercise to be an effective adjunct therapy to address many of the side effects of cancer and its treatment, structured exercise programs are not systematically integrated in cancer management. Sarah McAllister has been doing GP liaison work on the Sunshine Coast and reported that many GPs felt referral of patients to an exercise specialist was the medical oncologist's responsibility.</p> <p>Carolina Sandler advised that ESSA has a Facebook page which can assist with patient referral. Only ESSA members can join the group however, so need to be mindful when developing resources for GPs and other health professionals. Carolina will be commencing a 3 year Cancer Institute NSW Fellowship on post cancer fatigue, with GP education modules one of the projects.</p> <p>Sandi Hayes also reiterated the importance of GPs as gatekeepers of the care plan. Disappointing that RACGP did not endorse the COSA Exercise Position Statement and need to look at other avenues to engage GPs. Sandi is currently leading a 400 patient study to evaluate the effect of exercise on survival following ovarian cancer. Recruitment is expected to be closed by the end of 2022. The outcome of the trial will ultimately have a flow-on effect to other cancers as well.</p>	
8. Next Meeting	David Mizrahi
<p>The 2022 Exercise AGM date is to be confirmed but will likely be around the COSA ASM. Next year's conference will be held in Brisbane from 2-4 November 2022.</p>	